Seniors' News

NOVA SCOTIA
Department of Seniors

Giving Nova Scotia's Seniors a Voice Volume 122 December 2007

A Message from the

Hon. Carolyn Bolivar-Getson, Minister of Seniors

As the holiday season draws near and many of us are now anticipating the start of a new year, it seems fitting to take time to consider all that has transpired in 2007. In doing so, we may look towards the future with great insight and a clear focus on what is to come.

Many exciting developments occurred during the past year. On September 10, Premier Rodney MacDonald announced the creation of a new Department of Seniors. The Seniors Secretariat, the committee of government ministers that coordinates government services and programs for seniors, remains intact and I will continue to chair it. This committee of ministers will now be supported by the new department, led by Deputy Minister Rosalind Penfound. As always, I am pleased to have the opportunity to meet with seniors and stakeholders throughout the province and listen to your concerns, ideas and opinions.

The department's Spring and Fall Consultations gathered together seniors and stakeholders to discuss a number of issues pertaining to seniors. This year, we were honoured to host the inaugural Lieutenant

(From left to right): Vivian MacMillan and Barbara Landry discuss seniors' issues with Carolyn Bolivar-Getson, Minister of Seniors and Valerie White, CEO of the department.

Governor's Intergenerational Award Ceremony, which took place during the Fall Consultation in Dartmouth. In keeping with the theme Generations Growing Together, the award recognized those who work with others of another generation and, as a result, are lessening the generation gap. I encourage you to nominate outstanding volunteers in your communities next year.

October proved to be a busy month, as the department welcomed Senator Marjory LeBreton, Secretary of State (Seniors) to a reception that took place in Halifax on October 12. Senator LeBreton spoke on the steps being taken at the federal level to address the issue of senior abuse, and I was pleased to present the

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Seniors' News

Giving Nova Scotia's Seniors a Voice

The department newsletter is published four times a year by the Department of Seniors and distributed free of charge. We welcome letters, articles, and items of interest from you. Please include your name, address, and telephone number on all correspondence. The Department of Seniors facilitates the planning and development of services and programs for seniors by coordinating plans, policies, and programs presented by departments of the provincial government. The department serves as a one-door entry to government for seniors, seniors' groups, and other provincial bodies concerned with aging issues. The department develops plans, policies, and programs in partnership with other levels of government and agencies responsible for seniors.

Department of Seniors
1740 Granville Street
4th floor
PO Box 2065
Halifax, Nova Scotia
B3J 2Z1

(902) 424-0065 (T)
1-800-670-0065
(902) 424-0561 (F)

scs@gov.ns.ca
www.gov.ns.ca/scs

Seniors' Secretariat

NOVA SCOTIA
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key message of respect for seniors as the central concept of our current campaign. The provincial senior abuse awareness campaign, launched in June, includes the implementation of the senior abuse toll-free line, as well as posters and brochures to generate further awareness of the issue.

The 10th meeting of the Federal/Provincial/Territorial Ministers Responsible for Seniors took place in November in Saskatoon, Saskatchewan. The ministers discussed the priorities for future work and emerging issues and opportunities for collaboration among the provinces.

In looking towards the future, we have identified a number of new initiatives that will empower seniors in regions across the province, create positive spaces for older individuals in municipalities, present an innovative approach to increasing volunteerism, and support seniors' safety in their communities, just to name a few.

Also, the 19th edition of *Programs for Seniors* will be available in early 2008. This annual publication highlights senior-specific programs and services and continues to be a valuable resource for Nova Scotia seniors. To request your copy, please contact the Department of Seniors by phone, **1-800-670-0065**, or by e-mail, **scs@gov.ns.ca**.

On behalf of the Department of Seniors, I would like to wish you a safe and happy holiday season and all the best in the year ahead.

Dress for winter by covering as much exposed skin as possible. Wear several layers of lightweight clothing for easy movement.

A Message from

Valerie White, CEO, Department of Seniors

As one year ends another begins, 2007 has been an interesting year of growth and change, and the coming year will bring new opportunities and challenges. As staff, some of our most rewarding moments are the opportunities we have to work closely with seniors and with our many colleagues across government, the Centre on Aging, Mount Saint Vincent University, and the multitude of organizations that also work with and on behalf of seniors.

Since September, we have undergone many significant changes, in particular, our new department status and the appointment of our Deputy Minister, Rosalind Penfound, which have reaffirmed the province's dedication to our seniors and all issues concerning them. There is one change in the department that we are anticipating with regret, which is the retirement of Jane Phillips, our department Librarian. We wish Jane all the best with plans for her retirement and know she will fill her days with traveling, gardening, reading, and relaxing with family. All the best, Jane ... we'll miss you.

In September, we were fortunate to have the Honourable Mayann E. Francis O.N.S., Lieutenant Governor of Nova Scotia, present the inaugural Lieutenant Governor's Intergenerational Awards at our annual Fall

Consultation. In a very jubilant ceremony, two individuals and one community group were recognized by Her Honour for their contributions to intergenerational activities throughout the province. We look forward to many years of recognizing the many Nova Scotians dedicated to enriching the lives in their communities.

Our Fall Consultation, with over 70 stakeholders from across the province, was held at the Holiday Inn in Dartmouth in October. As with previous consultations, we had a productive day of information sharing and idea building. The enthusiasm and collaboration shared by the stakeholders at that meeting are invaluable.

The creation of age-friendly cities and rural and remote communities remains an important initiative. We are working towards creating cities and communities across the province that will accommodate people regardless of age and ability. The World Health Organization released a guidebook and checklist for cities from around the world that are committed to building senior-friendly places.

I also had the opportunity to present the keynote speech at the 2nd annual Tools for Life Conference in Greenwich, Nova Scotia. The speech pressed the importance of universal design and constructing the world to accommodate every age, lifestyle, and ability.

As you can see, it has been a busy fall and a busy year for us at the Department of Seniors. We look forward to the year ahead. Have a festive holiday season and a happy new year!

We look forward to working with you in 2008.

DEPARTMENT NEWS

Profile

Department of Seniors Deputy Minister, Rosalind C. Penfound

Since our advancement from Seniors' Secretariat to Department of Seniors, a lot of changes have been made, including the appointment of a deputy minister. In September 2007 Rosalind Penfound was appointed Deputy Minister for the Department of Seniors.

Rosalind was born in Pictou County and attended Stellarton schools. She received a degree in physical education from Dalhousie University in 1974 and a degree in law in 1977. She briefly practised law and then worked

Always wear a hat to protect against heat loss since about 30 to 50 percent of body heat loss is through the head.

in the private sector before joining the Land Registration and Information Service, Council of Maritime Premiers, where she worked as a solicitor between 1981 and 1989. Then in 1989, she became the first full-time Executive Director of the Association of Nova Scotia Land Surveyors.

In 1992 Rosalind joined the Nova Scotia Department of Natural Resources, where as Director of Land Resources and Executive Director of Land Services, she was involved in a wide variety of public and private land management and resource issues. In February 2004 she was appointed Assistant Deputy Minister and Acting Deputy Minister, Nova Scotia Environment and Labour. In June 2004, she became Deputy Minister, Agriculture and Fisheries, and in the spring of 2006 became the Deputy Minister of Agriculture and Chief Executive Officer of Nova Scotia Fisheries and Aquaculture.

In February 2007, she was appointed to her current roles as Nova Scotia's Public Service Commissioner and Deputy Minister for the Office of Immigration and the Advisory Council on the Status of Women.

Rosalind lives in Dartmouth with her husband, Mark, and they have two children, Kate and Will. She is active in community affairs and enjoys outdoor activities including running.

When you enter or leave a vehicle, watch for slippery or uneven pavement and other hazards that could cause you to fall or twist an ankle.

Congratulations and Farewell to Jane Phillips

After 28 years of service as a librarian with the Government of Nova Scotia, Jane Phillips is retiring.

In reflecting on her experience at the Seniors' Secretariat, Jane says, "When I began working at the secretariat, I was one of only four staff. It's amazing how we've grown and expanded in six years, and I feel very privileged to have been involved. Although I'm looking forward to my retirement, I will definitely miss participating in the exciting growth and development of the new Department of Seniors."

"We're really going to miss Jane's easy-going personality, quick smile, and fabulous wit," says Heather Praught, Coordinator. "She's been a wonderful asset to the secretariat and to many other government departments. I know I speak for many, many others who have worked with Jane over the years when I wish her great success and enjoyment in her retirement and say thank you for her exceptional service."

According to Heather, Jane has established an amazing rapport with the many seniors who

Jane Phillips, Department of Seniors Librarian, maintains the Information Resource Centre.

frequent the secretariat or call on the Seniors' Information Line. And for Jane, it has been this interaction with seniors that was the highlight for her while at the secretariat.

Armed with what she refers to as "insider's knowledge" about what it's like to be a senior in Nova Scotia, Jane feels confident that this knowledge will be of great benefit to her as she enters the next chapter of her life. Jane says, "I hope to find time for those things which had to be postponed, delayed, shortened, or skipped altogether as dictated by the demands of that early morning alarm clock!"

All the best, Jane, and have a wonderful time travelling in Asia with your husband, Jim, and visiting your youngest son and daughter-in-law in Japan. We're looking forward to hearing of your travels when you return to Nova Scotia in May!

Never stop learning. Take classes, go back to school, read books, join a discussion group. If you are interested in a subject, make time to learn about it. Keep acquiring new skills.

Fall Consultation

The Department of Seniors held its Fall Consultation with seniors' organizations and agencies that work with and on behalf of seniors on October 17, 2007.

These meetings are an opportunity to bring concerns forward from our various stakeholders and groups to ensure that their opinions reach the Ministers of the Seniors Secretariat. It is also an opportunity to discuss issues as a group and to formulate recommendations for consideration by the department.

Part of the session was devoted to specific issues of concern and provided an opportunity for updates from organizations and agencies represented at the meeting. During the morning and early afternoon presenters provided information on topics of interest such as the Strategy for Positive Aging, Elder Abuse Strategy, Active Living, Senior's Literacy and Learning Grants, Age-Friendly Cities and Rural and Remote Communities, Emergency Preparedness, Public and Inclusive Transportation Services.

Stakeholders took a nutrition break and had the opportunity to do Tai Chi with Gerard Cormier from Parrsboro, Nova Scotia.

The consultation also accompanied

Attendees at the 2007 Fall Consultation take a Tai Chi break before the afternoon session resumes.

the inaugural Lieutenant Governor's Intergenerational Awards, which were presented by the Honourable Mayann E. Francis, O.N.S., Lieutenant Governor of Nova Scotia.

The afternoon was spent in discussion, with consultation participants sharing their issues, ideas and concerns with each other and the department. As always it was a valuable experience hearing from our various stakeholders and affiliated organizations about what the concerns are at the community level. We look forward to the continued success of these consultations.

Snow Ball

I made myself a snow ball as perfect as
could be
I thought I'd keep it as a pet and let it sleep
with me
I made it some pajamas and a pillow for it's
head
Then, last night it ran away
But first – it wet the bed

By Shel Silverstein

Coming soon

Programs for

Seniors

2008

This directory features information about active living, health care, transportation, housing, finances, legal matters, and more.

In early spring, a free copy will be available at your local pharmacies, libraries, physicians' offices, hospitals, seniors' centres, and clubs.

Multiple copies of Programs for Seniors can be sent to groups and organizations upon request.

To request a copy:
1-800-670-0065 (toll-free)
(902) 424-0065 (Halifax area)
E-mail scs@gov.ns.ca
Website www.gov.ns.ca/scs

NOVA SCOTIA
Department of Seniors

Lieutenant Governor's Intergenerational Awards Ceremony

Generations Growing Together

On October 17, 2007, the first annual Lieutenant Governor's Intergenerational Awards Ceremony took place during the Department of Seniors' Fall Consultation held at the Holiday Inn Harbourview in Dartmouth Nova Scotia.

The theme of the award, Generations Growing Together, is designed to recognize the work of community volunteers and organizations that encourage and inspire interaction and bonding between age groups.

The Lieutenant Governor of Nova Scotia, the Honourable Mayann E. Francis, O.N.S., was in attendance to offer remarks and present this distinguished award. Her Honour spoke on the importance of fostering intergenerational ties within our communities and noted that, in developing and maintaining these ties, we will grow in our understanding and appreciation for those of another generation. It is Her Honour's wish that the recipients' work will be an inspiration for others to act accordingly.

The Lieutenant Governor of Nova Scotia, the Honourable Mayann E. Francis, O.N.S., addresses guests and award recipients at the Lieutenant Governor's Intergenerational Awards Ceremony.

Her Honour poses with award recipients and award sponsors.

The Urban Farm Museum Society of Spryfield was awarded the Outstanding Volunteer Group Award for promoting intergenerational events and activities within their community. Doris Evans of Cherry Brook was awarded the Outstanding Volunteer Award: Older Generation, for a lifetime of service, improving the literacy of youth in her community. Kandra Morgan of Lunenburg was awarded the Outstanding Volunteer Award: Younger Generation, for her dedication to working with seniors at Harbour View Haven long-term care facility.

Her Honour poses with some members of the Awards Selection Committee.

Recipients received a framed certificate, a letter of recognition from the Lieutenant Governor, and a cash donation to the program or, in the case of individual awards, a donation to a not-for-profit organization chosen by the recipient. Sponsorship of the awards is shared by the Rotary Club of Halifax (the volunteer group award), the Youth Secretariat (the younger generation award), and the Department of Seniors (the older generation award).

An elegant buffet-style luncheon followed the ceremony, and guests enjoyed a variety of sandwiches, soups, and delicious desserts. With 120 guests in attendance, the award ceremony was a memorable celebration honouring *Generations Growing Together*.

Group of IX: What Is It All About?

By Hilary Allan, MSVU

Formed in the mid-nineties, the Group of IX is an independent organization that is dedicated to improving the well-being of Nova Scotia seniors.

Currently, about 100,000 seniors are involved with the member organizations. The main goal of the group is to strengthen the voice and presence of seniors in government decision making. The group serves as an advisory body to the Nova Scotia Department of Seniors. Bernie LaRusic, Chair of the Group of IX, is very pleased by seniors having their own department.

"This is a significant step for seniors in the province," LaRusic says, "It is great that the government is recognizing seniors by making their own department."

Currently, the Group of IX is getting prepared to discuss senior drug plans with the Minister of Health and to make recommendations on current senior Pharmacare. One main focus will be on oral health care. They will also look into home care and long-term care.

When asked what the future initiatives were for the Group of IX, LaRusic replied that he wasn't sure what way the Department of Seniors would operate. "I just want to ensure that the Group of IX remains intact and that we remain an advisor to the Department of Seniors."

Senior Abuse Prevention: The Time Is Right!

Wow! What a whirlwind this fall has been! The implementation of the senior abuse prevention strategy is still going strong. We now have pilot senior abuse prevention networks in Cape Breton County and Kings County. Individuals and groups are coming together, learning more about each other, identifying what priorities exist in their communities, and exploring how they can respond. Both groups have identified education as an important place to start, and members of both groups have recently been supplied with a Community Tool Kit that can assist them in their efforts.

In addition to the continued distribution of our new awareness materials, we have been on the road this fall, delivering many presentations to seniors' groups, senior police academies, and groups of service providers. We also produced our second and third editions of the Senior Abuse Prevention e-Bulletin in September and November. This is a subscription-based bi-monthly electronic newsletter that provides abbreviated information on a variety of topics and resources related to senior abuse and family violence in general. You can subscribe by e-mailing **stopelderabuse@gov.ns.ca** and indicating whether you would like to subscribe to the English or French version.

The Senior Abuse Line continues to provide information, support, and referral to anyone with a concern about the possible abuse of an older adult. The most frequent callers are adult children, and the types of abuse most commonly identified are emotional abuse and financial abuse. Anyone (seniors, family, friends, service providers) can call the Senior Abuse Line (toll-free in Nova Scotia) at **1-877-833-3377.**

We were very pleased to host a visit from Senator Marjory LeBreton, Secretary of State for Seniors, on October 12. Minister Bolivar-Getson and Minister LeBreton both shared perspectives and highlights of the great work going on at the local, provincial, and national levels. A reception with approximately 75 people provided a great opportunity for people to network and to speak individually with both ministers.

Not only do we remain committed at the provincial level to preventing senior abuse, but the federal government and national non-government organizations are also making tremendous contributions to the field. Here are a few highlights:

(From left to right) Senator Marjory LeBreton, Secretary of State for Seniors, and the Honourable Carolyn Bolivar-Getson, Nova Scotia Minister of Seniors.

- The National Seniors Council completed a round of regional consultations on elder abuse in September and October. The council was formed to provide advice to the federal government on issues related to seniors. One of the initial priorities of the council is elder abuse. Part of this work included the five regional meetings that brought together a total of approximately 50 people. The results of those meetings are being consolidated and a final report will be available soon.
- A tremendous opportunity has come with the announcement of the New Horizons for Seniors – Elder Abuse Awareness Funding. Dedicated funding is available for non-profit organizations or coalitions to implement national or regional initiatives related to

increasing awareness and knowledge of abuse of seniors. This includes projects that will develop tools and resources, create and strengthen partnerships, identify ways of reaching isolated seniors, and involve seniors. National projects are eligible for up to $200,000 a year (maximum three-year period) and regional projects can get up to $100,000 a year (also to a maximum of three years). This is an unprecedented opportunity for developing elder abuse awareness raising and educational tools that can be adapted in other regions. The deadline to apply is December 14, 2007.

- The Social Research Division of Human Resources and Social Development Canada (HRSDC) has announced that they are establishing a medium-term research agenda on elder abuse. They also announced that to establish this agenda, HRSDC will sponsor an expert roundtable in June 2008, bringing together researchers, policy and program experts, and others who can contribute to this initiative. The roundtable will summarize existing knowledge on different aspects of elder abuse, identify knowledge gaps and research priorities, and exchange further knowledge among the participants. HRSDC issued a call for proposals for five separate background papers in October.
- On November 8, the Federal/Provincial/Territorial (F/P/T) Working Group on the Safety and Security of Seniors hosted the F/P/T Elder Abuse Working Forum in Vancouver, BC. The forum brought together – for the first time – seniors, opinion leaders, and professionals from law enforcement, legal, academic, advocacy, and community-based organizations from across Canada who have an interest and expertise in elder abuse. Twelve Nova Scotia delegates attended the forum, including one who participated as a small-group facilitator and two as presenters. A summary report of the forum will be made available in February 2008.
- The Canadian Network for the Prevention of Elder Abuse has released the final report of its *Outlook 2007: Promising Approaches in the Prevention of Abuse and Neglect of Older Adults in Community Settings in Canada* project. Funded by the Public Health Agency of Canada, this project included conducting a literature review, collecting stakeholder information, hosting a series of teleconferences, analysing approaches, and developing a framework. An associated product of this project is the *Draft Framework for a National Strategy to Prevent Abuse and Neglect of Older Adults in Canada.* Both documents will be available on the CNPEA website (www.cnpea.ca) in the near future.

As you can see, a lot of work is being done in the field of senior abuse prevention across the country. The time is now ... the time is right. The Department of Seniors is thrilled with this increased focus and recognizes how efforts on the national stage can support the work we are all doing locally – and vice versa. Nova Scotia continues to be recognized as one of the leaders in senior abuse prevention, and we have a great opportunity to continue to contribute to the evolution of the field in Canada.

For more information on any of the items mentioned above, please call Barb Baker, Senior Abuse Consultant, at **(902) 424-6211** or toll-free at **1-800-670-0065** or e-mail **bakerbr@gov.ns.ca**.

Age-Friendly Cities and Rural and Remote Communities Initiative Updates

Over the last year, the Department of Seniors has been involved in two exciting initiatives that are examining ways to make our communities more age-friendly – both in our cities and in our rural/remote areas. On both projects, the department was pleased to have the Nova Scotia Centre on Aging conduct the research and prepare the reports.

The Age-Friendly project research called on local seniors, caregivers, and community leaders to identify what "age-friendly" means. An interactive team of seniors looked at issues related to health, safety, independence, participation in the community, leisure programs, affordable and accessible seniors' housing, accessibility to public and private spaces, and employment opportunities.

The Age Friendly Cities Project is an initiative of the World Health Organization (WHO), and the Nova Scotia component (one of four in Canada) was jointly funded by the Department of Seniors and Halifax Regional Municipality. The overall goal of the research, which was conducted in 33 cities worldwide, was to identify concrete indicators of an age-friendly city and produce a practical guide to stimulate and guide advocacy, community development, and policy change to make urban communities age-friendly. We also hoped to increase awareness of local needs and gaps and to identify ways in which HRM might be more age-friendly.

The Age-Friendly Cities Project recently developed a checklist that is a tool for a city's self-assessment and a map for charting progress. More detailed checklists of age-friendly city features are to be found in the WHO Global Age-Friendly Cities Guide. (http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf)

The checklist is intended for use by individuals and groups interested in making their city more age-friendly. The checklist covers the following topics: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community and health services.

The second project, Rural and Remote Communities, followed the protocol set out by the WHO, but this time was led by the Federal/Provincial/Territorial Ministers Responsible for Seniors and the Public Health Agency of Canada. It was a Canada-based initiative, set out to complete the same work, but to examine the experiences of seniors in rural and remote communities.

The first part of the project explored the age-friendliness of 11 communities across Canada, including the Village of Guysborough in Nova Scotia. The overall objectives of the initiative were to explore and assess the social

and physical environment of each community in terms of age-friendliness and to get suggestions from participants on what makes communities age-friendly.

The Department of Seniors added three more communities in Guysborough to the study. The department hopes to use the information to produce a practical guide that will encourage and guide advocacy, community development, and policy change to make rural communities in Nova Scotia more age-friendly.

More information about the age-friendly initiatives is available by contacting the Department of Seniors toll-free at **1-800-670-0065**.

Seniors' Art and Photo Gallery

As many of you are aware the Department of Seniors is the proud sponsor of the Seniors' Art and Photo Gallery. The art gallery was first established in May 1988, and the photo gallery was opened in 1992.

The purpose is to provide artists and photographers who are 50 years and older with a central location in which to display and sell their works of art. The art is displayed in various media, including oil, watercolours, acrylic, pastels, as well as colour and black-and-white photography.

Most of the work is traditional and features woodlands and waterways, fishing scenes, boats, lighthouses, animals, flowers, and communities of our beautiful province. However, many artists also venture into other areas of the creative realm, presenting an interesting variety of non-traditional works.

The gallery is ongoing; when one show comes down a new one replaces it. Every three months the displays are changed, and currently there are 3 groups that are put up throughout the year. The gallery is open for viewing seven days a week, from 9 am to 6 pm.

Art and photography are pleasant and rewarding hobbies. If you are involved in either of these activities, we invite you to become an exhibitor in the gallery. This is a great opportunity to show your work, whether you are just beginning or you are an experienced artist or photographer.

No fees are charged and the works are not judged. Artists have the opportunity to price their own work and receive the full proceeds of the sale. When a piece is sold, the artist is contacted and is able to replace it with another piece.

Individuals who register with the gallery will be given an opportunity to participate in future exhibitions. Upon registration, information will be sent to you outlining the history of the gallery, framing guidelines, and an application form to complete and return to the department.

For more information about exhibiting or purchasing art and/or photographs, please contact

Department of Seniors
Telephone (toll-free): **1-800-670-0065**
E-mail: **SCS@gov.ns.ca**

CAREGIVING AND HEALTH

Department of Health Promotion and Protection

Flu Information

Do you need a flu vaccination?

Most people think of the flu as a mild illness and an inconvenience of winter. They don't realize that every year between 500 and 1,500 Canadians, mostly seniors, will die from pneumonia and other complications of the flu.

Because you can be infected with the flu virus and not have symptoms, you are also at greater risk of passing the illness on to others. When you get a flu shot, you protect not only your own health, but the health of the people around you.

Who is eligible for the free vaccine?

Once again, the Department of Health Promotion and Protection is providing free vaccine at doctors' offices and community clinics for people who have a higher risk of getting severely ill, or even dying, from influenza. These high-risk groups include

- pregnant women
- people over age 65
- babies age 6 to 23 months
- adults and children with chronic heart and lung problems and other chronic diseases
- anyone living in the same household as people over 65 or people with chronic illnesses
- all health-care workers and students in health-care educational programs
- police officers and firefighters.

What is influenza or "the flu"?

The flu is caused by influenza A and B viruses and occurs in Canada every year, usually during the late fall and winter months. The usual symptoms of the flu are sudden onset of fever, chills, cough, sore throat, sore muscles and joints, headache, and tiredness. It is often confused with the "stomach flu," a stomach virus that usually causes vomiting and diarrhea, but that can't be prevented through immunization.

How serious is the flu?

Influenza can cause severe illness and even death, especially in people over age 65 and those with chronic illness. The best way to prevent the flu and its complications is the flu vaccine.

If you live with or care for someone over 65 years or with a chronic illness, it is important for you to be vaccinated to protect their health.

Since flu viruses change themselves from year to year, vaccination needs to be repeated every fall for both high-risk groups and contacts.

Is there anyone who should not receive the vaccine?

The only people who should not receive a flu vaccine are people who have severe or anaphylactic allergies to eggs or who have had a severe allergic reaction to a previous dose of influenza vaccine.

Where can I get my flu shot?

Ask your doctor about the flu vaccine, contact your local public health office for clinic times and locations, or check the 2007 Provincial Flu Clinics schedule for clinics time and locations.

Can flu vaccine cause Guillain-Barré syndrome (GBS)?

Some studies have shown a link between GBS and flu immunization. However, it is not known for certain if flu vaccine causes GBS. If there is a risk of GBS from flu vaccine, that risk is very small (1 or 2 cases per million people vaccinated) and is much less than the risk of serious illness or death from influenza.

Enjoying a Good Quality of Life While Living with Vision Loss

Seniors are one of the largest populations affected by vision loss in Canada. In fact, the number of seniors with vision loss is expected to double in the next 25 years.

As a result of vision loss, many seniors may begin to experience difficulty with reading and performing daily tasks. It is common for people to have feelings of frustration, anxiety, fear, and sadness as they are learning to adjust to their vision loss.

In addition to vision loss, seniors may have other health issues that can make the adjustment process even more challenging. Many have problems with mobility, agility, hearing, speech, and memory. Due to this they may need extra support, resources, and time to learn to adapt to vision loss. However, it is important for them to know that they can maintain their independence and achieve a good quality of life by making simple adaptations, learning new techniques, and availing themselves of the programs and services offered by CNIB.

CNIB is here to help people with vision loss to continue to enjoy the best possible quality of life. At CNIB we help enable independence, no matter what the degree of vision loss. For those with some vision, we assist by helping to maximize remaining vision; while for those with no vision, we support learning new techniques to manage activities of daily living. CNIB is also available to assist family members, friends, and caregivers of people experiencing vision loss.

CNIB's vision support services are the most comprehensive in Canada. CNIB offers low-vision assessments, indoor and outdoor travel training, and life-skills training to help manage the essentials of daily living. CNIB also has a comprehensive catalogue of innovative consumer products available for people living with vision loss, which can assist with any aspect of daily living from identifying clothing and colours, to using a computer. CNIB also offers a full range of specialized library services, enabling all people to continue to enjoy their love of reading.

CNIB recognizes that vision loss affects people not only physically but also emotionally. To assist with the emotional effects of vision loss CNIB offers individual and family counselling, in addition to group programs to assist in adjusting to vision loss.

Whether you are looking for practical ways to stay active and independent while living with vision loss or have a question about vision health, CNIB is here for you. CNIB is a source of support, information, and most importantly, hope, for all Canadians affected by vision loss.

For more information contact CNIB – **1-800-563-2642** – or visit cnib.ca

Recreation Professionals in Health

Introduction

The Recreation Professionals in Health is an association that was formed on September 30, 1994. More than 50 recreation professionals from all regions of Nova Scotia participated in the formation of this organization. NSRPH allows for recreation professionals from around the province to communicate, network, share concerns and ideas, and advocate for the necessity and benefits of recreation in the health care system.

Mission Statement

NSRPH Association supports its members by facilitating professional development in the recreation health field. We provide a network to enhance communication, information exchange, advocacy, and resources within our membership with other related agencies and interested persons.

Mandate

- To facilitate professional development in the field of recreation in health
- To be actively involved in the development of service standards for recreation professionals in health
- To design, advocate, and administer a provincial registration process for recreation professionals in health
- To work and co-operate with other disciplines, regulatory bodies, and agencies to improve the leisure lifestyle of individuals in community continuing care centres
- To create awareness of the importance and need for recreation services in health

Nova Scotia Recreation Professionals in Health

Freedom of Choice

- To provide a system for exchanging information, resources, ideas and relevant issues through meetings, workshops, correspondence, and newsletters
- To work with post-secondary institutions to develop pre-employment education programs with the emphasis on the delivery of recreation services to people with special needs in the province of Nova Scotia
- To evaluate the mandate of the Nova Scotia Recreation Professionals in Health annually at a conference

NRSPH members will be promoting their profession February 3–9, 2008, in continuing care facilities across Nova Scotia.

Linda Bell, Director of Recreation Services
Chester, NS
Phone: **(902) 275-5631 Ext. 235**

Caulking or plastic sheeting on windows can protect against drafts and keep warm air in, helping to minimize energy bills.

Concerns about Senior Abuse? Where to call?

There is more discussion and publicity about senior abuse now than ever before. We also know, however, that many family members, friends, service providers, and those individuals who are experiencing abuse are unaware of where to call for help.

While available services vary depending on the location and nature of the abuse or neglect, the following are available across Nova Scotia and may be helpful to those seeking assistance.

Senior Abuse Line
1-877-833-3377 (toll free)

The purpose of this line is to give callers an opportunity to speak with a caring professional about any concerns related to senior abuse. The information counsellors are sensitive to the fact that any individual may find it difficult and emotionally distressing to review a situation of abuse, especially when family issues are involved. Staff will listen to the caller's concerns and ask occasional questions to gain clarification and understanding of the circumstances. Most situations of abuse are complicated. The Senior Abuse Line staff will assist the caller to better understand the issues involved and offer suggestions and resources which may resolve the situation.

The caller is able to remain anonymous and all information is kept confidential. Any individual – including professionals and service providers – is encouraged to call. Based on the nature of the situation, callers will be informed of appropriate services and programs available to them. They will also be advised if they are required to report the situation under Adult Protection or Protection of Persons in Care legislation.

The Senior Abuse Line is operated by the Department of Seniors, Monday to Friday from 8:30 am to 4:30 pm. An information counsellor answers the phone directly in most cases. If a call is already in progress, however, callers are asked to leave a message or to call back later. Messages left after office hours will be answered on the next business day. Telephone messages are also considered confidential.

Adult Protection Services
1-800-225-7225 (toll free)

The Adult Protection service is in place for adults (16 years of age and older) in our population who are the most vulnerable and are experiencing abuse, neglect or self-neglect. A "vulnerable adult" is someone who has a mental or physical condition that leaves them unable to protect themselves from abuse or who are no longer able to provide a safe environment for themselves.

It is mandatory in Nova Scotia for anyone who knows of or suspects abuse of a vulnerable adult to report it. If you are unsure whether it is an Adult Protection (AP) case or not, it is best to call them to make sure. Staff will tell you if Adult Protection applies to the situation or not. If it does not, you will be referred to other supports available, such as the Senior Abuse Line. AP serves persons who *are living in the community*, including people living in facilities which are not regulated by the government.

Adult Protection is a service provided by the Continuing Care branch of the Department of Health. The above number is the same single entry contact for all Continuing Care services. If you are required to leave a message, be sure to indicate why you are calling (i.e., a potential abuse issue). This will ensure a prompt response. An AP intake worker will return your call to get more information from you.

Protection of Persons in Care
1-800-225-7225 (toll free)

The Protection of Persons in Care Act (PPCA) came into effect October 1, 2007 and applies to any individual 16 years or older in hospital, nursing home, residential care facility, or group home – *any facility designated/licensed under the Departments of Health or Community Services.*

The PPCA requires (i.e., it is mandatory for) all service providers to report suspected or recognized abuse. Anyone else (friend, family, visitor) may call to report concerns or observations of abuse, although it is not mandatory. The act does not apply to independent unlicensed facilities.

The above number is the same single entry contact for all Continuing Care services. As with Adult Protection, if you are required to leave a message, be sure to indicate why you are calling (i.e., an abuse issue in a health facility). This will ensure a prompt response.

Police
911

When there is a situation of urgent danger to the safety or well-being of any individual, the police should be notified immediately (911). Police forces are becoming much more aware about senior abuse issues. In non-emergency situations, a call to the police (local number, not 911) can also help you determine whether there are any criminal offences involved.

Senior safety programs exist in a number of RCMP detachments across the province. These programs include civilian coordinators who specifically address senior safety concerns. Many other detachments and municipal police forces also have community policing officers dedicated to working with seniors in their communities.

2007 Federal Budget

Pension Income Splitting

The recently passed 2007 federal budget included the following changes:

- increased age limit for registered retirement savings plans (RRSPs) and registered pension plans (RPPs)
- introduction of pension income splitting
- new RPP rules to allow for phased retirement
- amended list of qualified RRSP investments

In my article published in September's issue, I reviewed the first change – increased age limit for registered retirement savings plans (RRSPs) and registered pension plans (RPPs). This and other informative articles can be found on my web site at **www.checkwithjoan.com**.

Let's look at the second of these budget changes for 2007 to see what it means.

First, as a reminder, in our income tax system, the higher the income, the higher the tax rate. Income splitting is a strategy used to reduce tax payable by transferring income from a person in a higher tax bracket to a person in a lower tax bracket. For example, if one $50,000 income is split so that two $25,000 incomes are reported, the tax payable is reduced. Some common current income-splitting strategies include spousal registered retirement savings plans and Canada Pension Plan income splitting.

The 2007 budget change allows either partner (married or common-law partners) to allocate up to 50 per cent of qualified pension income to his or her spouse. It doesn't matter to whom the qualified pension income is paid, so there is no need to contact the payer of the pension.

For couples under age 65, income received under employment pension plans (including

survivor benefits) qualifies for pension income splitting. For couples 65 and over, in addition to employment pension, registered retirement income funds (RRIFs), lifetime income funds (LIFs), registered retirement saving plan (RRSP) or deferred profit sharing plan (DPSP) annuities, and the taxable portion of non-registered prescribed annuities are sources of income that qualify for pension income splitting.

Tax savings will result from pension income splitting under any of the following circumstances:

- when income is shifted from a person in a higher tax bracket to a person in a lower tax bracket
- when Old Age Security (OAS) clawback is reduced or eliminated (clawback zone starts at $63,511)
- when age amount credit clawback is reduced or eliminated (clawback zone starts at $30,936)
- when a person becomes eligible for the pension tax credit (up to $2,000) because of a transfer of pension income from his/her partner

Couples must file their income tax returns on or before their filing due date (generally April 30 of the following year, or June 15 for the self-employed) to take advantage of any eligible opportunities for pension income splitting. Of course, both parties must agree to any splits for a given year and must complete form T-1032, *Joint Election to Split Pension Income*. The 2007 income tax return will have new lines to accommodate pension income splitting.

Note: Canada Pension Plan (CPP) pension can also be split; however, advance application is required in order for the government to issue separate cheques for the retirement income.

For income tax efficiency, I suggest you work with an accountant and/or financial advisor.

Joan Marie Mikkelsen, EPC, CFP
Financial and Insurance Services
www.joanmikkelsen.com
Telephone: **(902) 468-0602**
Toll-free: **1-877-439-8396**
Fax: **(902) 468-0603**

Joan is a member of Serving Seniors Alliance, **www.servingseniors.info**

Do You Use or Know Someone Who Uses a Speech-Generating Device?

Speech-generating devices (SGDs) are electronic devices that can be used to produce speech by individuals who have severe difficulty speaking or being understood. An SGD may be used by someone with severe communication problems due to illness (stroke), injury (car accident), disease (Lou Gehrig's disease, multiple sclerosis, Parkinson's disease, muscular dystrophy), birth disorder (cerebral palsy, autism, developmental disability), or other conditions.

Currently, speech generating devices (SGDs) are not paid for by the government but may range in cost from only a few hundred dollars to over $16,000 each. The Nova Scotia government has agreed that there is a need to review the current situation regarding the availability of and unmet need for SGDs.

As part of the preparation of a report to be submitted to the government, an accurate figure for the number of Nova Scotians (of all ages) who either use an SGD or who have been assessed and recommended for one by a health care professional, has been requested.

Consequently, I would like to request your help. If you use or know of anyone who uses an SGD or has been recommended for one, could you please send me the following information:

- gender (male or female)
- age
- county in which you/he/she lives (for example: Halifax, Colchester, Digby, etc.)
- type/name of the device
- if you know of a person who *might benefit* from an SGD but has not yet been assessed

In order to maintain confidentiality I do not need the person's name, mailing address, etc.

This information is very important so that the report can show the government the number of people in Nova Scotia who need an SGD.

Many thanks! You may contact me by telephone, fax, e-mail, or mail at:

Deborah Vandewater, RN, MN, GNC[c]
Senior Policy Analyst
Speech Generating Devices Project
Nova Scotia Hearing and Speech Centres

Office (with voice mail): **(902) 492-0673**
Fax: **(902) 423-0981**
E-mail: **dvandewater@nshsc.ns.ca**

Nova Scotia Hearing and Speech Centres
5657 Spring Garden Road
Suite 401, Box 120
Halifax, **NS** B3J 3R4

The Nova Scotia Family Pharmacare Program

The Province of Nova Scotia has created the Nova Scotia Family Pharmacare Program (NSFPP) to provide drug coverage for Nova Scotians who are not able to afford the cost of their prescription drugs. The program helps cover the costs of certain prescribed medications, supplies, and related services.

Some Nova Scotians have drug insurance through an employer, and some purchase their own drug insurance. However, according to an analysis of prescription drug coverage in jurisdictions across Canada, nearly 19 per cent of Nova Scotian families have no drug insurance. Many of these families may not have a need for prescription drug coverage, but for those that do, the escalating cost of prescription drugs is a significant financial burden.

In July 2006, the Government of Nova Scotia made a commitment to address the issue of reasonable access to prescription drug coverage. With the release of the 2007–2008 budget, the Department of Health committed to having the new Nova Scotia Family Pharmacare program designed and running by March 1, 2008.

Anyone with a valid Nova Scotia Health Card can enroll in the program. There are no Family Pharmacare premiums, and the annual out-of-pocket costs for eligible drugs will be capped at a percentage of family income. Lower-income families will benefit the most from the program.

Drugs and supplies covered by the program are listed in the Nova Scotia Formulary at the Department of Health website. A committee of experts in pharmacy and medicine develop this list and keep it up to date based on the latest evidence.

The Family Pharmacare program does not impact any existing publicly funded drug coverage or private insurance plans. Families can have private drug coverage and also be enrolled in the Family Pharmacare program. Family Pharmacare is the payer of last resort. Private insurance would be the first to pay any claim. Any portion unpaid for by private insurance would then be sent to Family Pharmacare for coverage.

For Nova Scotians who currently do not have protection against expensive prescription drug costs, the Nova Scotia Family Pharmacare Program provides options they did not have had before. It helps Nova Scotian families avoid illness and manage disease by making prescription drugs more affordable.

Individuals and families can now enroll in the Family Pharmacare program. Further information and enrollment forms are available on the Nova Scotia government website at **www.nspharmacare.ca** or by calling toll-free at **1-877-330-0323**.

If you're using a space heater remember that space heaters need space. Keep anything that can burn at least three feet away from the heater, and if you're looking to buy a new space heater, get one that automatically shuts off if the heater falls over.

LIFESTYLE

Valerie White, Women of Excellence Award Recipient 2007

The Canadian Progress Club, Halifax-Cornwallis, annually presents its Women of Excellence Awards to extraordinary women, whose impressive achievements make a powerful impact on our community. These awards recognize achievements made in six business sectors.

This year we are pleased to announce that Valerie White, CEO, Department of Seniors received the award for outstanding women in the area of management and the professions on November 22, 2007.

For over 25 years, Valerie has been contributing to our communities through her

On Thursday, November 22 at the Halifax Marriott Harbourfront Hotel, Valerie White, CEO of the Department of Seniors (Seniors' Secretariat), received the Progress Women of Excellence Award in the category of management and the professions. Valerie was surrounded by family and friends who celebrated this recognition for her years of dedication in the service of Nova Scotia seniors.

dedication to the advancement of seniors issues across Nova Scotia.

Friends and colleagues in government would like to take this opportunity to congratulate Valerie on her award and to thank her for her continued service to the department and to the seniors of this province.

Senior Profile

Bernie LaRusic

By Hilary Allan, MSVU

Bernie LaRusic, Chair of the Group of IX and President of the Nova Scotia Retired Employees Association, is a man who has certainly lived a full life.

Born and raised in Sydney, Nova Scotia, he attended school at Sydney Academy where he graduated to become a police officer for 10 years.

"It was easy to become a police officer because I had a good military background," says Bernie, "back then you didn't have to go to school to become a police officer, if you had a good enough military background. Then you were set."

Bernie was a member of the military cadets in high school, where he became an officer and attended training in Ontario. He went as far as to become a qualified major in the military and then decided to change his direction.

He joined the Department of Education where he taught adult education. His job with the department took him all across Nova Scotia. He taught in different cities such as Sydney, Amherst, and Halifax. He finished up his teaching career at the Teachers College in Truro, which is now better known as the Nova Scotia Community College (NSCC).

Bernie LaRusic, Chair of the Group of IX in one of his more "serious" moments!

Bernie was also a driver's ed instructor for over 15 years and was the founder of Seagull Skydivers. He started the skydiving company on his own.

"I just wanted to do a parachute jump, and the only way I could do that was to start my own company, so I did." Bernie says. "I also owned my own plane for 15 years; that was a lot of fun."

After his retirement in 1991, Bernie got involved with the Nova Scotia Retirees Association where he was active with the union and learned a lot of legal matters. He later went on to become president of the association.

Presently Bernie is now the President of the Nova Scotia Retired Employees Association (NSREA). His primary role with the association is to look after its members, including things such as their health care and pensions. Currently the association is holding a senior safe driving program where they take seniors out in a car to assess their driving abilities. With his driver's ed background, Bernie has excellent knowledge of driver safety.

As well as being President of the NSREA,

Bernie has also recently become Chair of the Group of IX. His role as Chair is to advocate on behalf of all seniors. Bernie feels that his past experience with government makes him a strong president for the group.

"I understand that process with the government isn't exactly swift," says Bernie, "but I've learned to just keep our ideas on the table, and eventually somebody will look at it."

Bernie LaRusic brings knowledge, experience, and dedication to whatever task he chooses to accomplish. He is passionate about life and about helping others. When Bernie sets out to do something, he won't stop until it's finished, which makes him a man that everyone looks up to and admires.

Medication Reconciliation

Quick, check your wallet!
Can you find a list of your medications in there? If not, get to work and put one in! Now.

"When someone comes into hospital, one of the first things we do is get an accurate list of the medications they're taking," says Mary Ellen Gurnham, Chief Nursing Officer, Capital Health. "If you have it on you and it's up-to-date, it means doctors, nurses, and pharmacists can make decisions about your care more quickly and certainly more safely."

That list you carry with you needs to say

- the name of each medication you're on right now
- how much of each medication you take each day
- any supplements, natural health products, or alternative therapies you are also using
- the name and location of your pharmacy

Your pharmacist will be more than happy to help you make your list and help you update it whenever you get a new prescription. Your wallet needs it, and so do you.

Winter Driving Safety for Seniors

By Laura Hawkins, MSVU

With so many variables when it comes to the weather, it is important to take extra precautions when driving during the winter. Changing weather conditions can make for dangerous driving if you are not properly prepared. Here are a few tips that will keep you safe in the winter months:

Car Checklist

- Fill antifreeze
- Check your radiator
- Install snow tires before the winter season begins

Plan, Plan, Plan...
Check weather and road condition reports before you leave the house. Planning the trip ahead of

time and choosing familiar, low-traffic routes is beneficial. When driving, be aware and cautious, as weather conditions may change rapidly.

If you have to travel in slippery conditions ...

- Always maintain a safe following distance of at least three seconds: find an object (road sign, tree, etc.), and when the car in front of you passes it begin counting. If you pass the object before you reach three, then you are too close to the car ahead.
- Avoid sudden braking, sudden turns of the steering wheel, and accelerating on slippery surfaces.
- It is important to remember that while roads may appear to be in good condition, it only takes a small mistake for an accident to happen.
- It is also important to dress according to the cold winter weather by exposing as little skin as possible and dressing in layers.

Seniors Snow Removal Program (HRM)

Halifax Regional Municipality (HRM) has partnered with seniors groups and other volunteer groups in HRM, to provide a snow removal service for seniors (65+) or disabled persons.

Seniors wishing to receive this service must pre-register for the program and provide a shovel and salt for the volunteer. Financial assistance is available to those who qualify.

Registration closes December 15.

For more information, contact:

Snow Removal General Inquiries
Phone: **864-2165**
Toll-free: **(902) 558-1049**
Website: **www.halifax.ca/services/seniorssnow.html**

Dartmouth
Dartmouth Seniors Service Centre
Phone: **465-5578**

Halifax
Abilities Foundation of Nova Scotia
453-6000

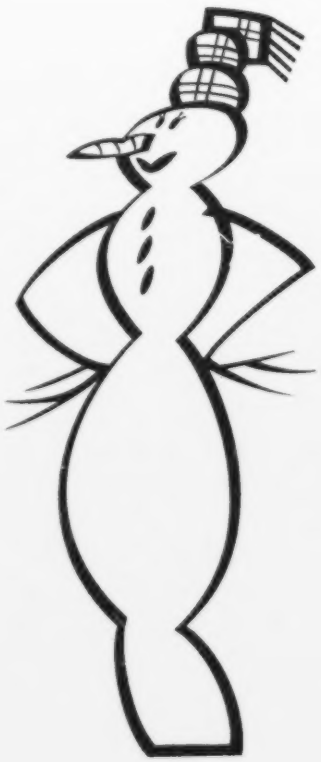
Chebucto Links
422-3525

Rockingham Community Centre
490-4686

Spencer House Seniors Centre
421-6131

Hammonds Plains
Seniors of Upper Hammonds Plains Club
835-3511

Sackville
Sackville Seniors Advisory Council
864-5591



'Tis the Season to Save Energy

conserve
NOVA SCOTIA

With rising energy costs and the cold winter season just around the corner, now is the time to start thinking about ways to keep warm and reduce your energy use this winter, without compromising your comfort. Whether you live in a house, apartment, or other living arrangement, there are many small things you can do to make a big difference in your energy costs.

Did you know...?

The majority of your home's heat is lost through windows, doors, floors and attics?

Air leaks can cause uncomfortable draftiness in your home and are a primary source of your home heating costs. Replacing your home's doors and windows with energy efficient ones is one option, but there are more affordable ways to reduce drafts in your home this winter:

- Properly sealed doors, windows, and attic hatches help reduce air leaks. If new products aren't in your budget, consider using weatherstripping to stop cold drafts, save money and make your home more comfortable.
- If cold floors are a concern, consider laying some carpet or placing area rugs in your home. You could also wear a pair of cosy slippers or warm socks to keep your feet warm.
- When heating or cooling your home, adjust your thermostat by small degree changes. Remember, small changes can make a big difference.
- Programmable thermostats can be great money savers as they can be pre-programmed to adjust the temperature according to your sleep schedule.

Want to learn more tips and techniques on how you can keep warm this winter and reduce your energy use?

Visit Conserve Nova Scotia's website at **www.conservens.ca** or call their toll-free EnerInfo line at **1-800-670-4636.**

Cold weather puts an added strain on the heart. Unfamiliar exercise, such as shoveling snow or pushing a car, can bring on a heart attack or make other medical conditions worse. Take frequent rest breaks, and drink plenty of fluids to avoid dehydration.

Protect your skin with protective creams and lotions. In the winter, the relative humidity inside drops to below 60 percent causing skin to lose moisture. This can cause the dryness and itching that bothers many.

Holiday Recipes

Enjoy these tasty seasonal recipes featuring a variety of fruits and vegetables. Try something new and share with family and friends.

Recipes are taken from the *Foods of Spry's Field Cooking and Preserving Then and Now.* Many thanks to the Urban Farm Museum Society of Spryfield for granting us permission to reprint the recipes. The cookbook is available through the Urban Farm Museum Society, $15 (no tax).

Squash and Apple Soup

1 Tbsp (15 mL)	butter *or* butter and oil combined
1	medium onion, chopped
2	leeks, thinly sliced (white part only)
1	clove garlic, chopped

Sauté in a large saucepan until onion is soft but not brown.

1/2–1 tsp. (2–5 mL)	curry powder
2 cups (480 mL)	winter squash *or* pumpkin, peeled and chopped
3	cooking apples, peeled, chopped
4 cups (960 mL)	stock *or* water
	salt and pepper

Stir in curry powder, then add squash, apples and stock. Simmer 20 minutes until squash is soft. Purée soup and return to saucepan. Season to taste.

1 cup (240 mL)	skim milk, whole milk *or* light cream

Stir in milk and heat gently. Do *not* boil.

Variations

Beer – Omit apple and curry powder. Replace milk with light beer. Bring to a simmer, then stir in 1 cup (240 mL) shredded cheddar cheese. Stir until melted. Season with salt and freshly ground black pepper.

Cheese – Omit apple and curry powder. Season with 1/2 tsp. (2 mL) nutmeg or allspice. Serve with homemade croutons and grated cheese on top.

Herb – Omit curry powder. Replace apples with 2 cubed potatoes. Season with 1/2 tsp. (2 mL) dried thyme *or* tarragon.

Maple – Omit curry powder. Reduce stock to 3 cups (720 mL) and increase milk to 2 cups (480 mL). Flavour with 2 Tbsp. (30 mL) maple syrup and 1/2 tsp. (2 mL) each nutmeg, cinnamon and cloves.

Pear – Use chicken or vegetable stock. Add 1/2 cup (120 mL) apple juice. Replace apples with peeled chopped pears.

Spiced – Replace curry powder with 1/4 tsp. (1 mL) each cinnamon and allspice.

Zucchini – Replace squash or pumpkin with a large zucchini or summer squash, peeled, seeded and grated. Shorten cooking time to 10 minutes. Flavor with curry powder or cinnamon and allspice.

Christmas Cake

3 cups (720 mL)	currants
3/4 cup (180 mL)	raisins
1 cup (240 mL)	halved almonds or hazelnuts
3/4 cup (180 mL)	brandy or spiced rum (optional)
1/2 cup (120 mL)	whole wheat flour

Soak fruit in brandy 6 hours or overnight (optional). After soaking, mix in the flour. Set aside.

3/4 lb. (340 g)	butter, softened
2 3/4 cups (660 mL)	brown sugar, lightly packed
3	eggs

Preheat oven to 275°F (140°C). Lightly oil a 9" x 9" x 3" (23 x 23 x 7 cm) baking pan (a metal cookie tin works well). Line sides and bottom with brown paper, buttered or oiled on both sides. Beat butter and sugar together until light and fluffy. Beat in eggs, 1 at a time.

2 3/4 cups (660 mL)	whole wheat flour
2 tsp. (10 mL)	allspice
1 tsp (5 mL)	baking soda
2/3 cup (160 mL)	milk

Mix flour, allspice and baking soda together. Stir into butter mixture alternately with milk (3 additions flour, 2 additions milk). Lastly stir in fruit. Spoon into prepared pan and bake 2 1/2 to 3 hours, or until a toothpick inserted near the centre comes out clean. Remove paper while cake is still warm, and cool on a wire rack. Wrap cooled cake in brandy soaked cloths and store one month in a closed tin in a cool place.

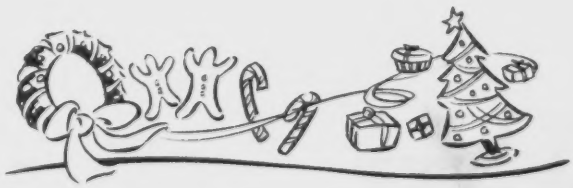
Health Bread

2 cups (480 mL)	white flour
1 cup (240 mL)	whole wheat flour
1 cup (240 mL)	oatmeal
1 cup (240 mL)	bran
2 tsp. (10 mL)	baking powder
2 tsp. (10 mL)	baking soda
1 1/2 tsp. (7 mL)	salt

Mix dry ingredients together.

3 cups (720 mL)	sour milk
1/4 cup (60 mL)	molasses
1/2 cup (120 mL)	raisins

Stir sour milk and molasses into flour until just mixed. Stir in raisins. Spoon into two lightly oiled loaf pans. Let stand 20 minutes in a warm place. Preheat oven to 350°F (175°C) and bake loaves 1 to 1 1/2 hours, or until a toothpick inserted near the centre comes out clean.

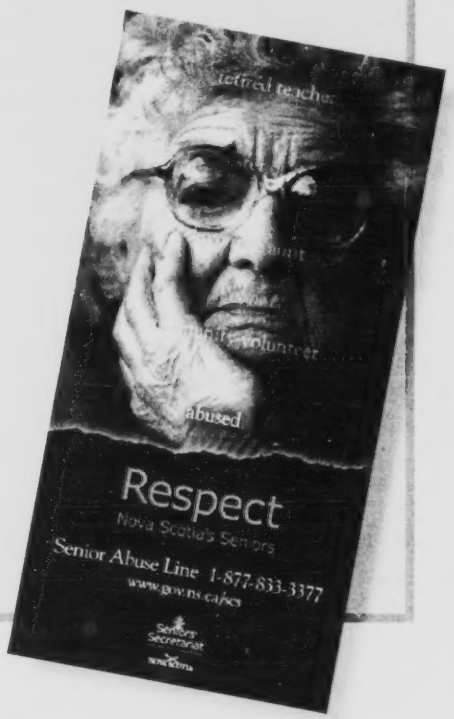


The Nova Scotia Department of Seniors is pleased to introduce a new province-wide resource

Senior Abuse Line
1-877-833-3377

Providing information, referral, and support to seniors and others... a place people can call for information or simply to talk to someone about their situation.

The Senior Abuse Line is available
Monday to Friday
8:30 am to 4:30 pm



Seniors' News

Giving Nova Scotia Seniors a Voice

View this issue online!

All of our newsletters are available on our website at **www.gov.ns.ca/scs**.

Mail or E-mail?

In an effort to save printing costs and reduce the amount of paper we are using, we are asking you, the readers, to let us know if you would like to be added to our e-mail distribution list instead of receiving a printed copy in the mail. Every little bit helps, and we ask for your support.

Please e-mail **scs@gov.ns.ca**
or call the department's information line toll-free at **1-800-670-0065** or **(902) 424-0065**.